



Journal of Ayurveda & Holistic Medicine

www.jahm.co.in

eISSN-2321-1563

CASE REPORT

OPEN ACCESS

ROLE OF MILD PURGATION IN PANCHAKARMA ANARHA ROGI- A CASE STUDY ON ECZEMA

PADMAVATI VENKATESH¹ PRIYANKA B. BHADARGADE²

ABSTRACT:

Panchakarma is bio-purificatory therapy that detoxifies body by removing toxins from the cellular level. This requires lots of assessment of patient as well as disease before subjecting to *Panchakarma*. Proper assessment of patient helps in easy evacuation of *Dosha* and minimizes complications during and after *Shodhana*. Administration of *Panchakarma* procedure in a subject unfit for procedure may results in serious complications. *Vicharchika* – a type of *Kshudrakustha* is often correlated to eczema based on its clinical presentations. No satisfactory treatment is available in contemporary medical practice except antihistamines and topical steroids. *Vicharchika* is effectively treated on *Ayurvedic* concepts by *Shodhana* and *Shamana Aoushadhis*. A patient approached the outpatient department of *Panchakarma* with chief complaints of oedema, erythematous skin lesions with intense pruritus and exudation at extensor surface of the right leg, calf and foot. This was *Bahudoshavastha* with demand of *Shodhana* as per assessment of *Rogapareeksha*. *Rogi* (patient) was *Krishna*, *Vata Prakruti*, *Ruksha Shariri* where *Shodhana* is contraindicated. After consideration of all factors, patient was treated with *Nitya Virechana*, *Abhyanga*, *Parishekha* and *Lepa Chikitsa*. A remarkable improvement in symptoms was observed in a span of one and half months.

KEYWORDS: Eczema, *Mridu Shodhana*, *Nitya Virechana*, *Parishekha*, *Vicharchika*.

¹Professor, Department of Panchakarma, Ayurveda Mahavidyalaya, Hubli, Karnataka, India.

²PG Scholar Department of Panchakarma, Ayurveda Mahavidyalaya, Hubli, Karnataka, India.

Corresponding Email id: drpriyankab138@gmail.com Access this article online: www.jahm.co.in

Published by Atreya Ayurveda Publications under the license CC-by-NC-SA

INTRODUCTION:

Inflammation of skin refers to Eczema. Eczema manifests as erythema, vesiculation and oozing in the acute stage, scaling and crusting in the subacute stage and lichenification (hyperpigmentation, accentuation of skin marking and thickening of the skin) in the chronic stage.¹

Vicharchika- a type of *Kshudrakushta* caused due to vitiation of *Kapha Pradhana Tridosha*, presented with *Kandu* (itching), *Srava* (Discharge) *Pidaka* (vesicles) and *Shyava varna* (discoloration)². Effective therapeutic agents in contemporary medicine are limited with long-term toxic side effects. The main line of treatment for *Vicharchika* is *Shodhana* (Purification) which eliminates vitiated *Doshas*. Addition to *Shodhana*, *Bahya Chikitsa* (External treatment) and *Shamana Aoushadhi* help to correct *Dhatuvyapara* and gain normalcy of *Dosha*.

“*Yebhyo Yanna Hitam karma Yebhechya Yat Hitam | Na cha Ekantena Nirdishte Apyarthe- Abhiniveshat Budhah*”|According to *Atreya* whatever indications and contra-indications mentioned in *Samhita* are not final. Due to different conditions such as *Desha, Kala, Bala* etc. contraindicated patient needs to undergo *Panchakarma*. Physician should decide about *Shodhana* by applying logic intelligently³. In

present study of *Vicharchika* with *Bahudoshavastha* where patient was *Krishha* (Lean), *Ruksha* (dry), *Vatapradha Prakriti*, *Avara Sanhanana* and *Avara Satva* who was unfit for *Shodhana* (purification) got remarkable relief by *Mridu Shodhana* (Mild Purification).

CASE REPORT:

A 52 years old female complaints of skin lesions more than 12 years in relapsing manner. Presently lesions occupied extensor surface of right leg, calf and foot characterized by redness, skin edema and flaking, blistering associated with cracking, pruritus and exudation aggravated since 3 months. The condition became vaster with spreading of symptoms to nearby.

History of present illness-

Patient was apparently normal before 12 years. She developed scaly lesions initially associated with pruritus and excessive exudation all over the body specially in extremities. Condition worsens when she washes cloths and utensils as occupation. Presently lesions are near right ankle joint, foot which started to spread till the mild calf area associated with pruritus and serous fluid exudation from the lesions. Patient could not get results by Anti histamines, Topical creams and *Ayurvedic Shamana* (Palliative) medicines

taken for years together. She consulted *Panchakarma* OPD, Ayurveda Mahavidyalaya, Hubli for further management.

Past history:

No history of falls/ trauma.

No history of DM/HTN other systemic illness.

No surgical intervention.

Family history: Nothing significant

Personal history:

Ahara: *Laghu- Ruksha Ahara Sevan, Akala Bhojana, Samishra Ahara Sevana*

Vihara: *Atapa Sevana, Household work, More exposer to chemicals like detergent, Dish bar, floor cleansing agents*

Sleep: Disturbed

Habits: Tea

Astavidha Pariksha:

- Pulse– Regular, 74/minute
- Bowel– *Prakruta*, 6-7 Times/day
- Urination– *Prakruta*, twice a day
- Tongue –*Upalipita*
- Sound – *Prakruta*
- Touch – *Ruksha*
- Eye – *Prakruta*
- *Akruti –Krisha*

General Examination:

Weight: 30kg

Temp: Afebrile (98.6°F)

BP: 130/90mmHg

Pulse: Regular 78bpm (*Vata Kaphaja- Nadi*)

Respiration Rate: 20 cpm

Skin: *Ruksha* and *Vaivarnya*

Agni (Digestive Power): *Vishama*

Koshtha (Bowel Habits): *Madhyama*

Systemic examination:

- RS- AEBE
- CVS- S₁ S₂ Heard
- CNS- Conscious, Oriented
- P/A- Soft non tender

Examination of skin

Inspection:

1. Type of lesion: Spreading type of wet skin lesions with scanty exudation.
2. Site: extensor region of right lower extremity, on anterior and lateral aspects of mid knee joint to anterior aspect of right foot.
3. Shape: irregular
4. Exudation: serous, scanty and odorless.
5. Surrounding skin: blackish pigmented
6. Depth: superficial

Palpation

1. Temperature: slight warm
2. Tenderness: absent
3. Texture: soft
4. Induration: absent
5. Bleeding O/P: absent

6. Palpation on surrounding area for tenderness, warmth, induration—not found
7. Palpation of regional lymph nodes: non tender.

(Consumption of healthy and unhealthy food together),
Vihara- Atapa Sevana (Exposer to hot sun rays), Household work, More exposer to chemicals like detergent, Dish bar, floor cleansing agent.

Roga Pariksha

Nidana –

Ahara Laghu (light), *Ruksha* (dry) *Ahara Sevan*, *Akala Bhojana* (untimely having food), *Vishama Bhojana*, *Dushita Ahara* (vitiated, unhygienic food), *Samishra Ahara Sevana*

Purva Rupa: *Atisveda* (excessive perspiration), *Vaivarnya* (Discoloration), *Kandu* (Itching).

Rupa: *Tivra Kandu* (excessive Itching), *Shyava Varna* (blackish discoloration), *Pidaka* (Vesicles), *Srava* (Discharge) through *Pidaka*.

Samprapti:

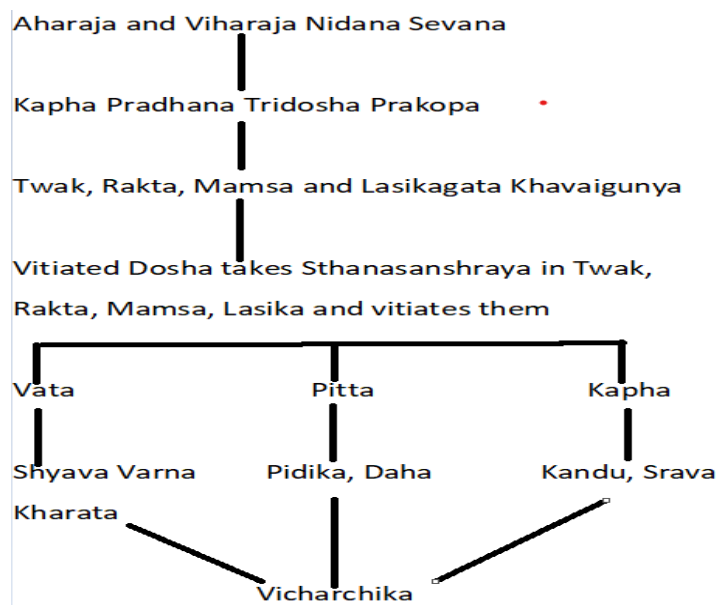


Fig. no.1 Pathogenesis of Vicharchika

Samprapti Ghataka

Dosha: Kapha-vata pradhana Pitta dosha

Dushya: Rasa, Rakta, Mams, Twak, Lasika

Srotasa: Rasavaha, Raktavaha, Mansavaha,

Swedavaha,

Udbhavasthana: Amashaya

Adhishtana: Twak

Rogamarga: Bahya

Investigations –

Hb % – 9.04 %

ESR – 80mm/hr.

CRP –63.8 mg/d

DISCUSSION:

Charaka mentioned that Doshas in *Bahudosha Avastha* should be eliminated by purificatory process.⁴ When patient is *Durbala* and *Krishna*, *Shodhana* should be done repeatedly with maximum care about their *Prana* (strength). Excessive elimination of *Dosha* may increase *Vata Dosha* that may bring about weakness and in rare condition endanger life of patient⁵. *Mridu Samshodhana* is the choice of management in *Durbala*, *Krishna* and *Avara Satva Rogi*. *Nitya Virechana* is one among the variety of *Mridu Samshodhana*. This is the process in which vitiated *Dosha* are flushed out through controlled purgation on daily basis. Quantity *Virechaniya* Drug is decided upon digestive capacity and water absorption capacity of gut. *Nitya Virechana* clears *Srotomukha Avarodha* due to excessive accumulation of *Kapha Dosha*.⁶ *Kandu*, *Shyava Varna* and *Kleda* get relieved by *Virechana* by *Gandharvahasthadi Eranda Taila* with *Madhura Rasa*, *Kashaya* and *Katu Anurasa*, *Ushna Veerya*, *Madhura Vipaka*, *Tikshna*, *Guru* and *Sara Guna*. It does *Sroto Vishodhana*, *Vatanulomana*, *Vata Kapha Shamana*, *Twachya*, *Balakara*⁷.

Nitya Virechana with *Trivrita Leha* reduces *Strava* (Discharge) as it is *Ruksha Virechaka*. *Lepa* with *Kusthaghna* and *Twachya* Drugs

helps in healing of skin lesion, Correction of *Twak Vaivarnya*.

Parishekha with *Nimba*, *Haridra Kashaya* cures *Strava* and helps in inhibition of bacterial growth. Continues application of *Parishekha* leads to *Vata Dosha Prakopa*. To Counteract that *Abhayanga* with *Karanja Taila* is advised. Properties of *Karanja Taila* are *Tikta*, *Katu*, *Kashaya Rasa*, *Laghu* and *Tikshna Guna*, *Ushna Virya*, *Katu Vipaka*.

CONCLUSION:

Panchakarma procedures purifies the body at cellular level by evacuating toxins out of the body and thus does equilibrium of *Dosha*. Proper assessment of *Roga* and *Rogi* helps in easy evacuation of *Dosha* and minimize complications during and after *Shodhana*. In this case, application of the line of management resulted in *Tridosha Shamana*, *Srotomukha Vishodhana* and act as *Twachya* which helps in restoration of skin and ends suffering of the patient.

REFERENCES:

1. Y P Munjal, API Text book of Medicine, edited by SK Sharma, A K Agrawal, P Gupta, S A Kamath, M Y Nadkar, R K Singal et.al, published by Dr. Yash Pal Munjal for and on behalf of The Association of Physician of India, tenth edition 2015: 674.
2. Yadvaji trikamji(editor). Commentary: Ayurveda Deepika on Charaka Samhita of Charaka, Chikitsa Sthana, Chapter – 7, verse no. 26 Varanasi; Chaukamba publishers, reprint – 2020:451.

3. Yadvaji trikamji(editor). Commentary: Ayurveda Deepika on Charaka Samhita of Charaka, siddhi sthana, Chapter – 2, verse no. 24 Varanasi; Chaukamba publishers, reprint – 2020:691.
4. Yadvaji trikamji(editor). Commentary: Ayurveda Deepika on Charaka Samhita of Charaka, Sutra Sthana, Chapter – 16, verse no.16 Varanasi; Chaukamba publishers, reprint – 2020:97.
5. Yadvaji trikamji(editor). Commentary: Ayurveda Deepika on Charaka Samhita of Charaka, Chikitsa Sthana, Chapter – 7, verse no.41 Varanasi; Chaukamba publishers, reprint – 2020:452.
6. Yadvaji trikamji(editor). Commentary: Ayurveda Deepika on Charaka Samhita of Charaka, Chikitsa sthana, Chapter – 13, verse no.61 Varanasi; Chaukamba publishers, reprint – 2020:495.
7. Yadvaji Trikamji (editor). Commentary: Nibandha Samgraha of Shree Dalhana Acharyaand Nyayachandrika Panchaka of Sri Jayadasa Acharya on Sushruta Samhita, Sutrasthana, Chapter - 45, verse no.114 Varanasi; Chaukambapublishers, reprint 2019:204

CITE THIS ARTICLE AS

Padmavati Venkatesh, Priyanka B Bhadargade, Role of Mild Purgation in Panchakarma Anarha Rogi– A case Study on Eczema. *J of Ayurveda and Hol Med (JAHM)*. 2022;10(5):22-27.

Conflict of interest: None